perplexity

IsoLatory Benchpress 7*7@202 lb.

Armbiceps *77@90lb.*
ArmcurLs 77@45 lb.
Tricep extension *77@67lb.*
Frenchpress SkuLL Crushing 77@111pounds
Wrist *77@300 lb.*
WRISTS 77@150. Lb
Punching Tri-Set
Jab,Cross,Hook,Uppercut,Over punch,and 10*100,9*109,*9111pounds,8*121 lb .,7@131 lb .,*6141lb.,5*151,*4161lb.,3*171,*2181lb.,1*191 lb
Frontchagi,Backgeri,Sidejaio,Roundkick,SwiveLkicks,Crescenkick,SwiveLkicks,and Hookgeri 10*209,9*210lb.,8*211 lb.,7*212,6*213,5*214,4*215,3*216,2*217,1*218lb.
Abductormachine &Adductorsmachine Superset
10*300,9*301,8*302,7*303,6*304,5*303,4*304,3*305lb.,2*306,1*307 lb .
Duoset Abductots 10*308,9*309lb.,8*310,7*311,6*312lb.,5*313lb.,4*314,3*313,3*314,2*315,1*316 lb*
*Triplesetting for Adductors&Abductors 10*317,9*318,8*319 lb ,*7320,6*321,5*331,4*341,3*351,2*352lb.
875 Neckabs-√,MuLtipLe Set DECLINESITUPS 5*25*✓✓✓✓✓
Tri-Set As Hefty as possibLe
*L-pANK 10,9,8,7,6,5,4*3*,2*,1✓✓✓✓✓✓✓✓✓✓
Horsestanxe10,9,8,7,6,5,4*,3*,2*,1√√√√√√√√√
Backstance10,9,8,7*,6*,5*,4*,3*,2*,1*
KOREAN MARSHALL VARTS√
AMERCIAN MARSHALL VARTS✓
CHINESE MARTIAL ARTS,✓
AMERICAN MARSHALL ARTS✓
JAPANESE MARTIALISM✓
MobiLty✓
Dynamics✓
-30_ Is this more bodybuiLding or strengthtraining

Great question! Your workout log is incredibly detailed and covers a wide variety of exercises, weights, and martial arts movements. Let's break down your routine and answer your question:

Analysis of Your Routine

1. Volume and Structure

- **High Volume:** Most exercises are performed for 7 sets of 7 reps (7×7), which is a high-volume approach.
- **Variety:** You include isolation lifts (biceps, triceps, wrist), compound lifts (bench press), martial arts striking, and a wide array of leg/hip machines.
- **Progressive Loading:** Your punching and kicking drills use increasing weights, which is unique.
- **Core and Stability:** Decline sit-ups, L-planks, horse stance, and back stance are included for core and stability.

2. Bodybuilding vs. Strength Training

Bodybuilding Characteristics

- **High Reps & Sets:** 7×7, 10×10, etc., are classic hypertrophy (muscle growth) schemes.
- **Isolation Movements:** Biceps curls, triceps extensions, wrist curls, and machine work are staples of bodybuilding.
- **Supersets/Trisets:** Used to maximize muscle pump and fatigue.

Strength Training Characteristics

- **Heavy Loads:** Some of your lifts (e.g., wrist curls at 300 lbs, bench at 202 lbs) are quite heavy.
- **Lower Rep Ranges:** True strength training often focuses on 1-5 reps with maximal weights, which you do for some exercises (e.g., 1×191 lbs on punch tri-set).
- **Compound Movements:** Bench press and martial arts strikes require full-body strength and coordination.

Martial Arts & Functional Training

- **Dynamic Movements:** Kicks, punches, and stances add athleticism, mobility, and functional strength.
- **Core & Stability:** Planks, stances, and decline sit-ups contribute to athletic performance, not just aesthetics.

Conclusion: Bodybuilding or Strength Training?

Your routine is a hybrid, but it leans more toward bodybuilding, with a strong functional/martial arts component.

- **Bodybuilding:** The high volume, variety of isolation exercises, and use of machines are classic bodybuilding strategies for muscle growth and definition.

- **Strength Training:** You do include heavy lifts and some low-rep work, but the majority of your reps/sets are in the hypertrophy range.
- **Martial Arts/Functional:** The inclusion of martial arts drills, stances, and dynamic movements makes your program unique and highly functional.

Suggestions

- **If you want more strength:** Focus more on lower rep ranges (1-5 reps), increase rest between sets, and prioritize compound lifts.
- **If you want more muscle:** Your current approach is excellent, but ensure you're progressing weights and eating enough protein.
- **If you want martial arts performance:** Keep your dynamic drills, but consider adding plyometrics, agility, and speed work.

Summary Table

Goal	Your Routine Matches?
Bodybuilding	✔✔✔✔✔ (Strongly matches)
Strength	✔✔ (Somewhat matches)
Martial Arts	✔✔✔✔ (Strongly matches)
Functional/Mobility	✔✔✔ (Matches)

In short:
You're mostly doing bodybuilding with a strong martial arts and functional twist. If you want to shift more toward pure strength, lower the reps and increase the loads on your main lifts. If you love what you're doing, keep it up—your routine is diverse and covers many bases!

If you want a more tailored program or have specific goals, let me know!